



# Tett-Hely Ifjúsági Egyesület

proudly presents

## “iDAPTATION”

youth exchange

With the participation of 5 organizations from:



Here you can find all the useful information you need to stay with us and enjoy this week. For any further questions and for communication when you arrive in Hungary, don't hesitate to contact us on WhatsApp (preferably chat in the group) or via email.

Best wishes and see you soon!

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## What is iDAPTATION?

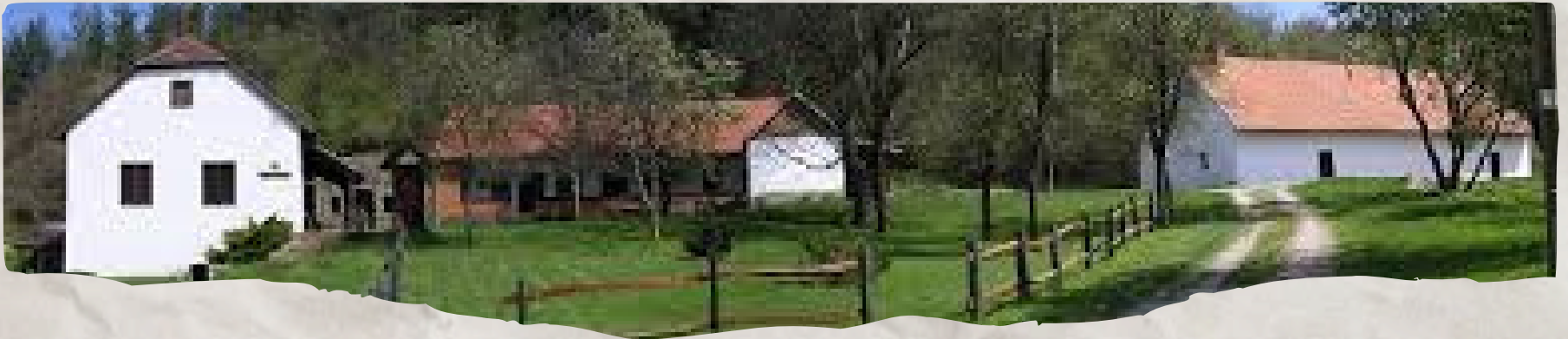
Celebrating the 5th anniversary of the birth of the Deep Adaptation theory, developed by Jem Bendell, the programme is based on its introduction to you. We aim to bring the notion closer to the participants on an individual level by pointing on, exploring and enhancing indispensable skills, identifying strengths and planning actions.

(detailed programme will be sent separately)



**Click on it!**





## METHODOLOGY:

During the project, nonformal methods and experiential learning techniques will be used that include ice breakers, team building activities, brainstorming, discussions, group work, learning by doing, world café, outdoor activities, presentations, and performances.

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## PREPARATION:

As for the topic of the youth exchange, each team has to become familiar with the basic concept of Deep Adaptation and do some research on the present situation of its own country. Focus on climate change and its results and changes on your country's economy, industry, and everyday life, as well as possible solutions. Also its effects on both society and individuals. We would be happy to see some short presentations or performances showing us the results of the research so that we can compare each country.

The rules of the camp will be discussed on spot with mutual agreement! We reserve the right to make changes in the daily programme.

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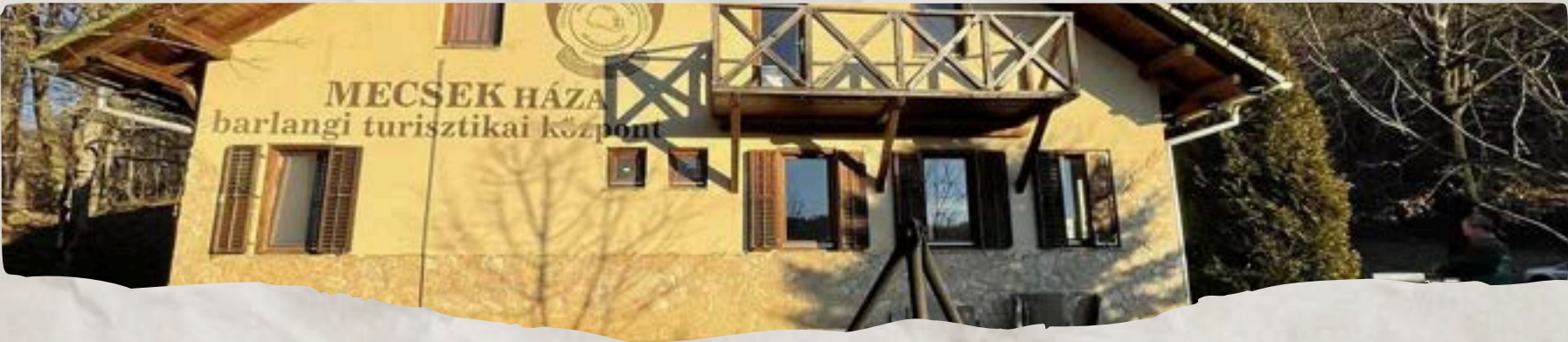
## YOUTHPASS

Each participant receives a Youthpass certificate after active participation in the programme

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VENUE, DATE:

ORFŰ, HUNGARY, 22nd-28th JULY, 2024

The accommodation and the activities will be and take place in the same house, called



„MECSEK HÁZA”  
It is located in Orfű, 16km far from the city of Pécs, and the West Mecsek Landscape Conservation Area, it is a tourist accommodation, cave and nature tourism centre and festival venue. Orfű is one of the most important tourist settlements in the region with its three artificial lakes, of which 2 can be used for both swimming and fishing.

“Mecsek Háza”, the House of Mecsek is located in the southern part of Orfű, at the starting point of the meadow-lined nature trail, next to the bike route from Pécs, just 100 meters from the Vízfő spring, at the junction of tourist roads. The building is an integral part of the tourist attraction park and educational trail consisting of the Mill Museum, the Vízfő Cave and the Dragon Ravine. The building has apartments and rooms, and a large community space for up to 30 people, where we can cook, hold workshops and various activities.

PÉCS

It is the fifth largest city in Hungary, on the slopes of the Mecsek mountains in the country's southwest, close to the border with Croatia.







TRAVELS AND REIMBURSEMENT

Arrival of participants is expected on the 22nd of July. First meal provided for participants is DINNER.  
Departure of participants is on 28th of July and the last meal provided is BREAKFAST.

Reimbursement of travel costs will only be done upon full attendance of the training activities and presentation of the travel tickets with boarding passes, receipts and invoices. Travel by car or taxi are usually not eligible for reimbursements. If the participant paid for the ticket with a credit card, s/he is requested to hand out the confirmation of payment (i.e. credit card slip and/or bank statement).

Here you can find the official DISTANCE CALCULATOR:



Travel Distance	Green Travel	Non-Green Travel
100 - 499 km	285 EUR	211 EUR
500 - 1999 km	417 EUR	309 EUR
2000 - 3999 km	785 EUR	580 EUR

Transport TO and FROM the venue + INVOICE

Budapest Airport - Pécs - Orfű

- 1. Bring your **student card** with you, it might entitle you for discount!
- 2. **VAT INVOICE:** In case of public transport in Hungary, travel reimbursement can be implemented only if **VAT invoice** is given with the purchase of the tickets. It is only possible to ask for one at the ticket office in person, no possibility via online purchase!

When you buy a ticket, you have to ask and say the following, I suggest you write it down and give it to the ticket seller. (it's the name, address and tax number of our association)

„ÁFÁS számlát kérek!” = I need VAT invoice.

Tett-Hely Ifjúsági Egyesület  
7624 Pécs  
Szent István tér 17.  
tax number: 18317961-1-02





BUDAPEST - PÉCS

For getting around in Budapest: use BudapestGo app free of charge or go to the website



BY TRAIN:

1.From Budapest Airport to Budapest City Centre = Kálvin tér (Kálvin square!):  
Take bus number 100E

*Asking for VAT invoice:* You can ask for the invoice at the **BKK customer service centres** at Terminals 2A and 2B, still in the building coming out from the luggage reclaim area. Don't forget to validate your ticket when you get on the bus, inspectors always work there.



2.From Budapest City Centre=Kálvin tér to Budapest-Kelenföld Railway Station:  
Take the underground number4

Use the BudapestGo App!

3.From Budapest-Kelenföld Railway Station to Pécs Railway Station

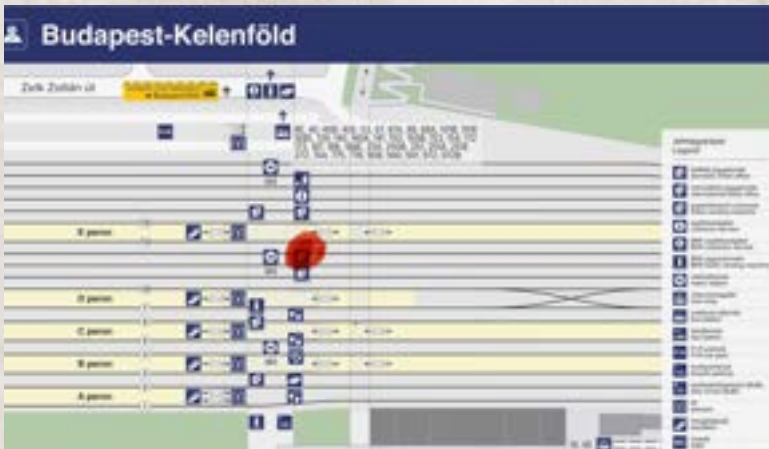
NOTE!: Trains (direct) between Budapest – Kelenföld Railway Station and Pécs run only between 5:58am and 19:53pm  
only for checking the timetable: QR code



*Asking for VAT invoice:* You must buy the tickets at a ticket office, do NOT buy the ticket online or from vending machines, because we can't receive vat invoice! And we desperately need it... !

Tickets are available from a **ticket office**:

1115 Budapest, Etele tér 5-7. (tér = square) - check the map:





## BY BUS:

### Budapest Airport to Népliget-autóbusz pályaudvar (Népliget bus station)

**1.To the next stop=Kőbánya-Kispest:  
Take bus number 200E**

**Asking for VAT invoice:** You can ask for the invoice at the **BKK customer service centres** at Terminals 2A and 2B, still in the building coming out from the luggage reclaim area. Don't forget to validate your ticket when you get on the bus, inspectors always work there.

**2.From Kőbánya-Kispest to Népliget Bus Station:**

**Take the underground number3**

Use the BudapestGo App!

**3.Népliget Bus Station to Pécs Bus Station**

**NOTE!: Buses between Budapest and Pécs run  
between 5:00 am and 18:05 pm!**

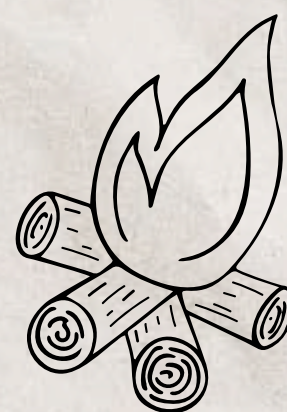
**Asking for VAT invoice:** You have to buy the tickets and ask for an invoice at the ticket office, open:

on weekdays: 06:00 – 18:00

at weekends: 06:00 – 17:00

**PÉCS - ORFŰ / FINALLY! :)**

You can either take the bus or we will pick you up at the bus station...





CATERING:

Three times meal/day will be provided by Us and you will have some snacks during the day!

Do not forget to inform us about your food allergies or any special dietary needs well on the application form. !!!

Participants will cover all the other personal expenses by themselves.

There are 2 shops in the village of Orfű, the closer one is about 30 min walk from Mecsek Háza.



OUR CURRENCY AND PRICES:

The Hungarian currency is called Forint.  
1 EUR = 380-400 HUF

- approximate prices, min :
- 0.5l mineral water: €0.50
  - 0.5l coca cola: €1.00
  - a pocket of crisps: €1.50
  - a bar of chocolate: €1.00
  - hamburger: €6.50

Debit-bank card is accepted in all shops.

INSURANCE:

European Health Insurance Card + Travel Insurance

Important !!! All participants are required to obtain the European Health Insurance Card but it is not an alternative to travel insurance. It does not cover any private healthcare or costs or for lost/stolen property. As each country’s healthcare system is different, services that cost nothing at home might not be free in another country. We advise you to take a travel insurance as well! The organisation does not accept civil liability for any accidents or theft during the youth exchange.

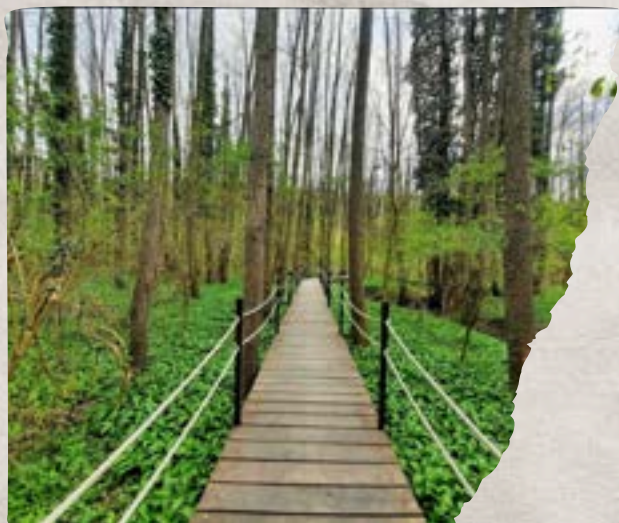






## WHAT TO BRING:

- Your passport or ID Card
- The leaders will have to bring the copies of passports/IDs of all the participants
- Medicines - if you need them (anti-allergy pills, painkillers, diarrhoea pills, etc.)
- European Health Insurance Card + Travel Insurance
- All your travel tickets, and boarding passes, because we can only give you back the travel costs if you have all documents either in electric or paper format.
- Towel and bath accessories, toiletries.
- Bed sheet and linen are provided.
- Swimsuit, we might have some programme at the lakes.
- Slippers, sports shoes, raincoats and comfortable clothes, for chilly evenings: pullover and pants.
- bottle – bring a bottle to refill – water is drinkable all over Hungary, in case it's not, it is marked.
- in case you have, bring a headlamp



- Traditional drinks, food, promotional materials to present your country and hometown during the intercultural evening. Each country will have to make a presentation which can be anything from a drama play to an interactive game. Try not to show only youtube videos and/or power point presentations. Make it as interactive and creative as you can!
- Information about your organization.
- Each team should prepare with energizers and the 'homework'- check the preparation part.
- Pocket money. Since the accommodation, 3 meals/day and the journey to and from the venue are all financed by the Erasmus+ program (remember the given budget), you will need to bring only pocket money for the exchange.

Visa, Mastercard cards are usually accepted everywhere.

(For using public toilets, you may need some coins or banknotes)





Erasmus+

